

More Than a Bandage: Health Information Resources for K-12 Health Professionals



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Agenda (More Than a Bandage)

Introduction to NLM & NN/LM

Overview of MedlinePlus

Additional NLM Resources

NLM Health Outreach

“The National Library of Medicine (NLM), on the campus of the National Institutes of Health in Bethesda, Maryland, has been a center of information innovation since its founding in 1836.



In addition, the Library coordinates a 6,000-member National Network of Libraries of Medicine that promotes and provides access to health information in communities across the United States.”

[URL](#) for the National Library of Medicine

Note: We cannot answer questions about individual medical cases, provide second opinions or make specific recommendations about therapy. Those issues should be discussed with your healthcare provider.

National Network of Libraries of Medicine (NN/LM)



- NN/LM, formerly Regional Medical Library Program
- Established in the Medical Library Assistance Act (1965)
- Mission
 - Provide health professionals and the general public with equal access to biomedical information
- Coordinated by the National Library of Medicine
- 8 Regional Offices
 - Support Network members to achieve NN/LM mission
 - 5-year contracts



Services/Resources we provide

- ❖ Promote NLM resources
- ❖ Provide training – like today!
- ❖ Provide training materials you can use
- ❖ Fund health information projects
- ❖ Promotional materials for health fairs
- ❖ Refer to local health information experts
- ❖ Consult on proposed outreach efforts



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Infórmese sobre temas de salud, bienestar, enfermedades y condiciones



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Noticias sobre la salud

La mitad de los hospitales de Estados Unidos podría hacer más para prevenir infecciones graves

La perspectiva optimista de las mujeres hispanas podría impulsar la salud del corazón

4 de cada 10 estadounidenses respiran aire contaminado: reporte

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**Revista NIH
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Lea el
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- Health Topics (almost 1,000)
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- Health News
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and more

URL for MedlinePlus



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2

3

4



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-  [Blood, Heart and Circulation](#)
-  [Bones, Joints and Muscles](#)
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-  [Digestive System](#)
-  [Ear, Nose and Throat](#)
-  [Endocrine System](#)
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-  [Immune System](#)
-  [Kidneys and Urinary System](#)
-  [Lungs and Breathing](#)
-  [Mouth and Teeth](#)
-  [Skin, Hair and Nails](#)
-  [Female Reproductive System](#)
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Disorders and Conditions

- [Cancers](#)
- [Diabetes Mellitus](#)
- [Genetics/Birth Defects](#)
- [Infections](#)
- [Injuries and Wounds](#)
- [Mental Health and Behavior](#)
- [Metabolic Problems](#)
- [Poisoning, Toxicology, Environmental Health](#)
- [Pregnancy and Reproduction](#)
- [Substance Abuse Problems](#)

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- [Complementary and Alternative Therapies](#)
- [Diagnostic Tests](#)
- [Drug Therapy](#)
- [Surgery and Rehabilitation](#)
- [Symptoms](#)
- [Transplantation and Donation](#)

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- [Men](#)
- [Population Groups](#)
- [Seniors](#)
- [Women](#)

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- [Disasters](#)
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1

2

3

4

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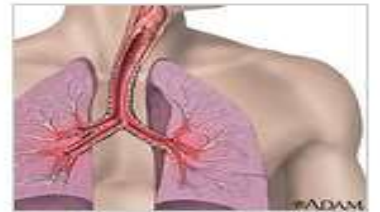
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- ☐ **News** (23)
- ☐ **MedlinePlus Magazine** (55)
- ☐ **Other Resources** (33)
- ☐ **Multiple Languages** (16)

Asthma

Asthma is a chronic disease that affects your airways. Your airways are tubes that carry air in and out of your lungs. If you have asthma, the inside walls of your airways become sore and swollen. That makes them very sensitive, and they may react strongly to things that you are [allergic](#) to or find irritating. When your airways react, they get narrower and your lungs get less air.



Symptoms of asthma include

([Read more](#)) ←

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1. **Asthma** (National Library of Medicine)

Asthma is a chronic disease that affects your airways. Your airways are tubes that carry air in and out of your lungs. If you have **asthma**, the inside walls of your airways become sore ...

www.nlm.nih.gov/medlineplus/asthma.html - Health Topics

2. **Asthma in Children** (National Library of Medicine)

Asthma is a chronic disease that affects your airways. Your airways are tubes that carry air in and out of your lungs. If you have **asthma**, the inside walls of your airways

Asthma in Children

Also called: Childhood asthma



On this page

Basics

- [Summary](#)
- [Start Here](#)
- [Latest News](#)
- [Diagnosis/Symptoms](#)
- [Prevention/Screening](#)
- [Treatments and Therapies](#)

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- [Specific Conditions](#)

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- [Health Check Tools](#)
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- [Videos](#)
- [Games](#)

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- [Statistics and Research](#)
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- [Journal Articles](#)

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Summary

Asthma is a chronic disease that affects your airways. Your airways are tubes that carry air in and out of your lungs. If you have asthma, the inside walls of your airways become sore and swollen.

In the United States, about 20 million people have [asthma](#). Nearly 9 million of them are children. Children have smaller airways than adults, which makes asthma especially serious for them. Children with asthma may experience wheezing, coughing, chest tightness, and trouble breathing, especially early in the morning or at night.




MEDICAL ENCYCLOPEDIA

[Asthma - child - discharge](#)


[Asthma - children](#)

[Asthma - control drugs](#)

Start Here

- [Asthma](#)  (National Heart, Lung, and Blood Institute)
Available in [Spanish](#) 
- [Asthma Basics](#) (Nemours Foundation)
Available in [Spanish](#)
- [Childhood Asthma](#) (American Academy of Allergy, Asthma, and Immunology)
- [For Parents with Children Who Have Asthma](#) (American Lung Association)
- [JAMA Patient Page: Childhood Asthma](#) (American Medical Association) - PDF
Available in [Spanish](#)
- [Managing Asthma: Learning to Breathe Easier](#)  (National Institutes of Health)
- [Pediatric Asthma](#) (National Jewish Health)

Latest News

- [Many Kids with Asthma Also Sensitive to Peanuts: Study](#) (05/18/2015, HealthDay)
- [Curbing School Bus Pollution Might Reduce Absences](#) (04/29/2015, HealthDay)
- [Gene May Play Part in How Kids Respond to Asthma Meds](#) (04/22/2015, HealthDay)
- [Depression and Asthma](#)  (03/09/2015, HealthDay)
- [More News on Asthma in Children](#)

Related Health Topics

[Air Pollution](#)

[Allergy](#)

[Asthma](#)

[Breathing Problems](#)

[Indoor Air Pollution](#)

National Institutes of Health

The primary NIH organization for research on *Asthma in Children* is the National Heart, Lung, and Blood Institute

Languages

[Arabic](#) (العربية)

[Chinese - Simplified](#) (简体中文)

Diagnosis/Symptoms

- [Diagnosing Asthma](#) (American Academy of Pediatrics)
Available in [Spanish](#)
- [Diagnosing Asthma in Very Young Children](#) (American Academy of Pediatrics)
- [Pulmonary Function Testing in Children](#) (American Thoracic Society) - PDF
- [Wheezing and Asthma in Infants](#) (Nemours Foundation)
Available in [Spanish](#)

Treatment

- [Asthma Inhalers](#) (American Academy of Pediatrics)
- [Asthma Medicines: Long-Term Control](#) (American Academy of Pediatrics)
- [Asthma Medicines: Quick Relief](#) (American Academy of Pediatrics)
- [Treating Asthma in Children Ages 12 and Older](#) (Mayo Foundation for Medical Education and Research)
- [Treating Asthma in Children Ages 5 to 11](#) (Mayo Foundation for Medical Education and Research)
- [Treating Asthma in Children under 5](#) (Mayo Foundation for Medical Education and Research)
- [What If My Child Doesn't Take His or Her Asthma Medication?](#) (Nemours Foundation)
Available in [Spanish](#)

Prevention/Screening

- [Asthma Triggers and What to Do about Them](#) (American Academy of Pediatrics)
- [Creating an Asthma-Safe Home](#) (Nemours Foundation)
Available in [Spanish](#)

[Chinese - Traditional](#) (繁體中文)

[Japanese](#) (日本語)

[Russian](#) (Русский)

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NIH MedlinePlus Magazine

[Childhood Asthma: A Chance to HEAL](#)

[NIH Research: "The Public Wants Diseases Cured..."](#)

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2

3

4



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Drugs

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Browse by generic or brand name:

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U V W X Y Z 0-9

For FDA approved labels included in drug packages, see [DailyMed](#).

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Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.

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- [Blood Thinners](#)
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Why is this medication prescribed?

Acetaminophen is used to relieve mild to moderate pain from headaches, muscle aches, menstrual periods, colds and sore throats, toothaches, backaches, and reactions to vaccinations (shots), and to reduce fever. Acetaminophen may also be used to relieve the pain of osteoarthritis (arthritis caused by the breakdown of the lining of the joints). Acetaminophen is in a class of medications called analgesics (pain relievers) and antipyretics (fever reducers). It works by changing the way the body senses pain and by cooling the body.

How should this medicine be used?

Acetaminophen comes as a tablet, chewable tablet, capsule, suspension or solution (liquid), extended-release (long-acting) tablet, and orally disintegrating tablet (tablet that dissolves quickly in the mouth), to take by mouth, with or without food. Acetaminophen also comes as a suppository to use rectally. Acetaminophen is available without a prescription, but your doctor may prescribe acetaminophen to treat certain conditions. Follow the directions on the package or prescription label carefully, and ask your doctor or pharmacist to explain any part you do not understand.

If you are giving acetaminophen to your child, read the package label carefully to make sure that it is the right product for the age of the child. Do not give children acetaminophen products that are made for adults. Some products for adults and older children may contain too much acetaminophen for a younger child. Check the package label to find out how much medication the child needs. If you know how much your child weighs, give the dose that matches that weight on the chart. If you don't know your child's weight, give the dose that matches your child's age. Ask your child's doctor if you don't know how much medication to give your child.

Acetaminophen comes in combination with other medications to treat cough and cold symptoms. Ask your doctor or pharmacist for advice on which product is best for your symptoms. Check nonprescription cough and cold product labels carefully before using two or more products at the same time. These products may contain the same active ingredient(s) and taking them together could cause you to receive an overdose. This is especially important if you will be giving cough and cold medications to a child.

Swallow the extended-release tablets whole; do not split, chew, crush, or dissolve them.

Place the orally disintegrating tablet ('Meltaways') in your mouth and allow to dissolve or chew it before swallowing.

Shake the suspension well before each use to mix the medication evenly. Always use the measuring cup or syringe provided by the manufacturer to measure each dose of the solution or suspension. Do not switch dosing devices between different products; always use the device that comes in the product packaging.

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Herbs and Supplements



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[Aristolochic Acids](#) (National Toxicology Program) - PDF

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[Astragalus](#) (National Center for Complementary and Integrative Health)

What is it?

How effective is it?

How does it work?

Are there safety concerns?

Are there interactions with medications?

Are there interactions with herbs and supplements?

Are there interactions with foods?

What dose is used?

Other names

Methodology

References

What is it?

Acai, pronounced AH-sigh-EE, is a palm tree that is widely distributed in the northern area of South America. Its berries are used to make medicine.

People use acai for osteoarthritis, high cholesterol, erectile dysfunction (ED), weight loss and obesity, "detoxification," and for improving general health. Acai gained popularity in North America after being promoted by Dr. Nicholas Perricone as a "Superfood for Age-Defying Beauty" on the Oprah Winfrey show.

As a food, the acai berry is eaten raw and as a juice. The juice is also used commercially as a beverage and in ice cream, jelly, and liqueurs.

In manufacturing, acai berry is used as a natural purple food colorant.

How effective is it?

Natural Medicines Comprehensive Database rates effectiveness based on scientific evidence according to the following scale: Effective, Likely Effective, Possibly Effective, Possibly Ineffective, Likely Ineffective, Ineffective, and Insufficient Evidence to Rate.

The effectiveness ratings for **ACAI** are as follows:

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Boost your health knowledge by playing interactive health games.

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Wednesday, June 3

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 U.S. National Library of Medicine 8600 Rockville Pike, Bethesda, MD 20894 U.S. Department of Health and Human Services National Institutes of Health

Page last updated on 7 January 2015

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Medical Encyclopedia: P

[Paget's disease of the bone](#)

[Pain and your emotions](#)

[Pain medications - narcotics](#)

[Painful menstrual periods](#)

[Painful swallowing](#)



Painful menstrual periods

Painful menstrual periods are periods in which a woman has crampy lower abdominal pain, sharp or aching pain that comes and goes, or possibly back pain.

Although some pain during your period is normal, excessive pain is not. The medical term for painful menstrual periods is dysmenorrhea.

Considerations

Many women have painful periods. Sometimes, the pain makes it difficult to perform normal household, job, or school-related activities for a few days during each menstrual cycle. Painful menstruation is the leading cause of lost time from school and work among women in their teens and 20s.

Causes

Painful menstrual periods fall into two groups, depending on the cause:

- Primary dysmenorrhea
- Secondary dysmenorrhea

Primary dysmenorrhea is menstrual pain that occurs around the time that menstrual periods first begin in otherwise healthy young women. This pain is usually not related to a specific problem with the uterus or other pelvic organs. Increased activity of the hormone prostaglandin, which is produced in the uterus, is thought to play a role in this condition.



Related MedlinePlus Health Topics

[Menstruation](#)

Images



[Female reproductive anatomy](#)



[Painful periods \(dysmenorrhea\)](#)



[Relieving PMS](#)



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[Health Information in Multiple Languages](#)



[MedlinePlus Connect for EHRs](#)

How to Write Easy-to-Read Health Materials



Medical concepts and language are very complex. People need easily understandable health information regardless of age, background or reading level. Here are guidelines to help you create easy-to-read health materials.

What are easy-to-read (ETR) materials?

ETR materials are written for audiences who have difficulty reading or understanding information.

How can you create easy-to-read materials?

Writing ETR materials for MedlinePlus is a process involving several important steps:

- Plan and Research
- Organize and Write
- Evaluate and Improve
- Inform Us and Stay Informed

Step 1: Plan and Research

Determine and know your target audience. Consider reading level, cultural background and attitudes, age group and English Language Proficiency (ELP).

- **Determine the target audience.** Who will read your health materials? For example, the writing style and graphics will be very different for an HIV/AIDS brochure for Hispanic teens than California adults over age 50.
- **Research your target audience.** Use tools such as databases, demographic information, surveys and interviews to learn about the need of the target group. If extensive research is not feasible due to time or budget constraints, contact other organizations who communicate regularly with similar target audiences.

[URL](#) for Easy-to-Read and [URL](#) for How to Write Easy-to Read Materials

What Is Acne?

Fast Facts: An Easy-to-Read Series of Publications for the Public

Acne is a disease that affects the skin's oil glands. The small holes in your skin (pores) connect to oil glands under the skin. These glands make an oily substance called sebum. The pores connect to the glands by a canal called a follicle. Inside the follicles, oil carries dead skin cells to the surface of the skin. A thin hair also grows through the follicle and out to the skin. When the follicle of a skin gland clogs up, a pimple grows.

Most pimples are found on the face, neck, back, chest, and shoulders. Acne is not a serious health threat, but it can cause scars.

How Does Acne Develop?

Sometimes, the hair, sebum, and skin cells clump together into a plug. The bacteria in the plug cause swelling. Then when the plug starts to break down, a pimple grows.

There are many types of pimples. The most common types are:

- Whiteheads. These are pimples that stay under the surface of the skin.
- Blackheads. These pimples rise to the skin's surface and look black. The black color is not from dirt.
- Papules. These are small pink bumps that can be tender.
- Pustules. These pimples are red at the bottom and have pus on top.
- Nodules. These are large, painful, solid pimples that are deep in the skin.
- Cysts. These deep, painful, pus-filled pimples can cause scars.

U.S. Department of Health
and Human Services
Public Health Service

National Institute of
Arthritis and
Musculoskeletal and
Skin Diseases

URL to What is Acne? (NIAMS)

Directories



MedlinePlus provides links to directories to help you find libraries, health professionals, services and facilities. NLM does not endorse or recommend the organizations that produce these directories, nor the individuals or organizations that are included in the directories.

Libraries

[Find a Library](#)

Doctors and Dentists--General

[AMA Physician Select: Online Doctor Finder](#) (American Medical Association)

[DocFinder](#) (Administrators in Medicine)

[Find a Dentist](#) (Academy of General Dentistry)

[Medicare: Physician Compare](#) (Centers for Medicare & Medicaid Services)

Hospitals and Clinics--General

[Compare Hospitals](#) (Leapfrog Group)

[Find a Doctor](#) (TRICARE Management Activity)

[HRSA: Find a Health Center](#) (Health Resources and Services Administration)

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ADMINISTRATION FOR CHILDREN & FAMILIES

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What is the Administration for Children & Families?

The Administration for Children and Families (ACF) is a division of the Department of Health & Human Services. We promote the economic and social well-being of families, children, individuals and communities.

View our [strategic plan](#).

[LEARN MORE ABOUT ACF](#)



EXPLORE ACF PROGRAMS BY TOPIC

[Children & Youth](#)[Communities](#)[Emergency Response & Recovery](#)[Families](#)[Financial Security](#)[Hispanic Outreach](#)[Human Trafficking](#)[LGBT](#)[Native Americans/Tribes](#)[Refugees](#)

[URL](#) for Administration for Children and Families



American Association
of Diabetes Educators

KIMBERLY LEWIS
Patient

Living successfully with
type 1 diabetes for 27 years.

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Please use the fields below to enter your search criteria.

Last Name:

First Name:

City:

Country:

[URL](#) for Search Diabetes Educator Directory (AADE)

Health Information in Multiple Languages



Use these links to find health information in languages other than English. See our [quality guidelines](#) for how we select the links on these pages.

Browse information in multiple languages by [health topic](#).

[Amharic](#) (amarunya)

[Arabic](#) (العربية)

[Armenian](#) (Հայերեն)

[Bengali](#) (Bangla)

[Bosnian](#) (Bosanski)

[Burmese](#) (myanmasa)

[Chamorro](#) (chamoru)

[Chinese - Simplified](#) (简体中文)

[Chinese - Traditional](#) (繁體中文)

[Chuukese](#) (Trukese)



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[URL](#) for Health Information in Multiple Languages

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A A A



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--Select Language

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What's New

- ✓ Stories of Hope from Bhutanese Refugees: Moving from Distress to Wellness (English, Nepali)
- ✓ Foods For Healthy Teeth (2015) (English, Spanish)
- ✓ Healthy Teeth, Healthy Kids (English, Spanish)
- ✓ Choosing My Way- Video Game (English)



Featured Resources

- ✓ Stories of Hope from Bhutanese Refugees: Moving from Distress to Wellness **New!**
- ✓ Healthy Living Toolkit-Mental Health: How to Manage Stress in Nepali **New!**
- ✓ Refugee Experience: Refugee Stories from Bhutan, Burma, Eritrea, Iraq and Somalia

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Tweets

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- **NIH ODS** 
@NIH_ODS 16 Apr
- Make #nutrition education fun. Help #kids use detective skills to identify fruits & veggies on their cafeteria menu: 1.usa.gov/1DLv7nN
- Retweeted by HealthReach
- Expand
- **Minority Health** 
@MinorityHealth 16 Apr

[URL](#) for HealthReach

Multilingual Materials (Japanese)

Nebulizer Treatments

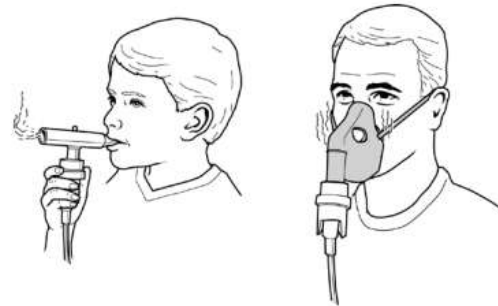
Some medicines need to be given through a nebulizer treatment. Nebulizer treatments are also called breathing treatments, aerosol treatments or med nebs. A nebulizer changes liquid medicine into a fine mist that is able to go more deeply into the airways of your lungs.

How often you have the nebulizer treatments will depend on:

- The type of medicine you are to take
- How short of breath you are or the amount of wheezing you have

Taking a Treatment

- The treatment can be done with a mask or mouthpiece based on which works best for you.
 - ▶ If using a mouthpiece, place the mouthpiece in your mouth past your teeth. Make a seal around the mouthpiece with your lips.
 - ▶ When using a mask, place it over your mouth and nose.
- Check your pulse before your treatment and write it down.
- You will see a fine mist when the treatment is started. Sit down, relax and breathe normally.
- Every four to five breaths take a deep breath in and hold it a few seconds. Then exhale or breathe out completely.
- Tap the nebulizer cup every few minutes to be sure all the medicine is nebulized. The treatment will last about 10 to 20 minutes.



ネブライザー療法

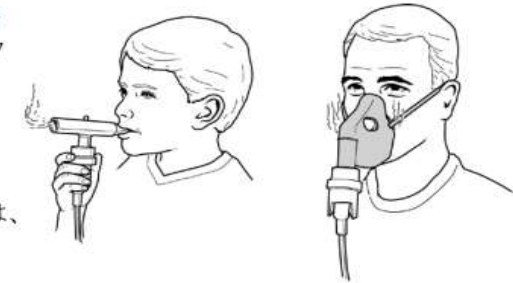
薬によってはネブライザー療法によって投与される必要があります。ネブライザー療法は、吸入療法、エアロゾル療法、噴霧療法などとも呼ばれます。ネブライザーにより液体の薬剤が細かい霧状になり、薬剤が肺の気道の奥深くまで届くようになります。

ネブライザー療法の使用回数は、以下の条件により異なります。

- 使用薬剤
- 息切れや喘鳴の度合い

処置をする

- ネブライザー療法は、マスクまたはマウスピースのどちらか適したほうを使用して行われます。
 - ▶ ウスピースを使用する場合は、歯の後ろ側にマウスピースを入れます。唇を閉じてマウスピースが口の中で密閉された状態にします。
 - ▶ マスクを使用する場合は、マスクで口と鼻の周りを覆います。
- 処置を始める前に心拍数を測り記録します。
- 処置を開始する際、細かい霧を確認します。椅子に座り、リラックスして、通常どおりの呼吸をします。
- 4～5回の呼吸ごとに深く息を吸い込み、そのまま数秒間息を止めます。その後息を完全に吐き出します。
- 数分ごとにネブライザーのカップを軽くたたき、薬剤がすべて霧状になっていることを確認します。処置は約10～20分で終わります。



MedlinePlus Connect

Linking Patient Portals and EHRs to Consumer Health Information



MedlinePlus Connect is a free service of the National Library of Medicine (NLM), National Institutes of Health (NIH), and the Department of Health and Human Services (HHS). This service allows health organizations and health IT providers to link patient portals and electronic health record (EHR) systems to MedlinePlus, an authoritative up-to-date health information resource for patients, families, and health care providers.

How it Works

MedlinePlus Connect accepts requests for information on diagnoses (problem codes), medications, and lab tests, and returns related MedlinePlus information. It is available as a Web application or a Web service.

Upon receiving a problem code request, MedlinePlus Connect returns relevant MedlinePlus health topics and other related information. MedlinePlus has hundreds of health topic pages that bring together information from NIH, other U.S. government agencies, and reputable health information providers. Health topic pages cover a wide range of conditions and wellness issues, and include key resources to inform patients about their health: overviews, information on symptoms and treatments, recent health news, clinical trials, and much more. You can browse the list of all [health topics](#).



[URL](#) for MedlinePlus Connect

[Health Topics](#)

[Drugs & Supplements](#)

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Health Topics

Find information on health, wellness, disorders and conditions



Drugs & Supplements

Learn about prescription drugs, over-the-counter medicines, herbs, and supplements



Videos & Tools

Discover tutorials, health and surgery videos, games, and quizzes



Medical Encyclopedia

Articles and images for diseases, symptoms, tests, treatments

Medical Dictionary from Merriam-Webster

Look up in Dictionary

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2

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4

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[3 in 10 Americans Have Drinking Problem At Some Point in Their Lives](#)

[Hormone Therapy Doesn't Help Memory](#)

[Tight Blood Sugar Control Helps the Heart in Type 2 Diabetes](#)

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Latest Health News



Health news from HealthDay, plus recent press announcements from major medical organizations.

[More health news by date](#)

[Health news by topic](#)

Monday, June 15

[ADHD and School Performance](#) (HealthDay)

Related MedlinePlus Topics: [Attention Deficit Hyperactivity Disorder](#), [School Health](#)

Sunday, June 14

[FDA Approves Brain Stimulation Device for Parkinson's Disease](#)

(HealthDay)

Brio Neurostimulation System is second such device approved for tremor disorders

Related MedlinePlus Topics: [Parkinson's Disease](#), [Tremor](#)

[FDA Ban on Harmful Trans Fats Expected Soon](#) (HealthDay)

Food companies will likely need to petition government before using partially hydrogenated oils

Related MedlinePlus Topics: [Cholesterol](#), [Dietary Fats](#), [Nutrition](#)


Saturday, June 13

[Chamomile Tea Tied to Longer Lives for Mexican-American Women](#)

(HealthDay)

But study did not determine how much was consumed, and only found an association, not cause-and-effect link

Related MedlinePlus Topics: [Herbal Medicine](#), [Hispanic American Health](#)

Get the latest health news by email 

GO

Today's Health News Video: **ADHD and School Performance**

Monday, June 15

[Transcript](#)



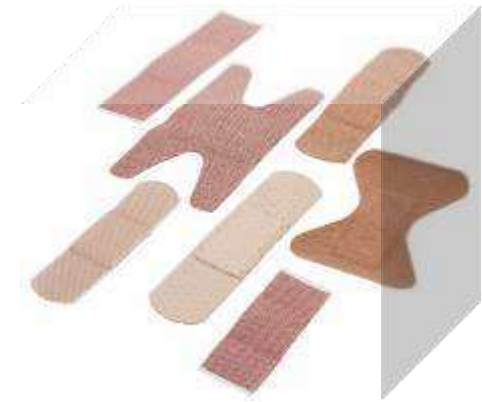
For closed captioning, click the CC button on the lower right-hand corner of the player. [Video player keyboard shortcuts](#)

[URL](#) for MedlinePlus Health News

Emergency Care Plans (ECPs)

Results 1 - 10 of 1,385 for **Emergency care plans**

1. [Helping the Student with Diabetes Succeed: A Guide for School Personnel](#)  (National Diabetes Education Program)
... hyperglycemia and what to do in an **emergency. Emergency Care Plans** for Hypoglycemia and Hyperglycemia The **Emergency Care Plans** for Hypoglycemia and Hyperglycemia are based on the ...
ndep.nih.gov/publications/PublicationDetail.aspx?PubId=97 - External Health Links
2. [Tips for Managing Food Allergies](#) (Food Allergy Research & Education)
... for you to practice with. Food Allergy & Anaphylaxis **Emergency Care Plan** Ask your doctor for a written **plan** that ... use your medicine. Download a Food Allergy & Anaphylaxis **Emergency Care Plan** form and ask your doctor to fill it ...
www.foodallergy.org/tips-for-managing-food-allergies - External Health Links
3. [Traveling with Food Allergies](#) (Food Allergy Research & Education)
... Spread the Word CDC School Guidelines Diagnosis & Testing **Emergency Care Plan** Emotional & Social Issues Facts & Statistics Food Allergy Basics ... Spread the Word CDC School Guidelines Diagnosis & Testing **Emergency Care Plan** Emotional & Social Issues Facts & Statistics Food Allergy Basics ...
www.foodallergy.org/managing-food-allergies/traveling - External Health Links



“The nurse develops ... Emergency Care Plans (ECPs) written in lay language to guide the response of unlicensed personnel in a health-related emergency.”

Asthma Action Plan

Personal best peak flow:

IMPORTANT INFO

Name:

Date:

Doctor name:

Doctor phone:

Emergency contact:

Emergency phone:

EXERCISE-INDUCED FLARE-UP

Instructions for an exercise-induced asthma flare-up

Medicine:

How much:

When:

Additional instructions:

TRIGGERS: ☐ pollen ☐ mold ☐ dust mites ☐ animals ☐ smoke ☐ food
☐ exercise ☐ cold/flu ☐ weather ☐ air pollution ☐ other

The GREEN Zone (also known as the safety zone)

Symptoms

- Breathing is easy
- No cough or wheeze
- Can do usual activities
- Can sleep through the night

Peak flow from to

Use these controller medicines as listed:

Medicine	How much	How often / when
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

The YELLOW Zone (also known as the caution zone)

Symptoms

- Some shortness of breath
- Cough, wheeze, or chest tightness
- Some difficulty doing usual activities
- Sleep disturbed by symptoms
- Symptoms of a cold or flu

Continue with controller medicines as above, and add these rescue medicines:

Medicine	How much	How often / when
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

[URL](#) for Asthma Action Plan (KidsHealth)

MedlinePlus Health News Resources

Latest Health News



Health news from HealthDay, plus recent press announcements from major medical organizations.

[More health news by date](#) [Health news by topic](#)

Thursday, June 4

[Menopausal Hormone Therapy](#) (HealthDay)

Related MedlinePlus Topics: Hormone Replacement Therapy, Menopause

Wednesday, June 3

[Anti-Vaccine Parents Cluster in Rich, White Areas](#) (HealthDay)

California research also shows high rates of medical exemptions in the same schools

Related MedlinePlus Topics: Childhood Immunization, Immunization, School Health

[Bullied Teens At Risk for Later Depression, Study Finds](#) (HealthDay)

Getting picked on at age 13 tied to raised odds of poor mental health at 18, U.K. researchers report

Related MedlinePlus Topics: Bullying, Depression, Teen Mental Health

[Chantix Study Finds Little Evidence to Support Suicidal, Criminal Warnings](#) (HealthDay)

But quit-smoking drug may be linked to other adverse effects

Related MedlinePlus Topics: Drug Safety, Medicines, Quitting Smoking

['Fracking' Linked to Low Birth Weight Babies](#) (HealthDay)

Pregnant women who live near multiple natural gas wells tend to have smaller infants, research suggests

Related MedlinePlus Topics: Air Pollution, Birth Weight, Environmental Health

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Today's Health News Video:
Menopausal Hormone Therapy

Thursday, June 4

[Transcript](#)



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Information for Librarians and Trainers



The goal of MedlinePlus is to bring appropriate, authoritative health information to those who need it. We appreciate your efforts in training people on how to use MedlinePlus. Here are some training resources which might help you with your classes and health fairs.

Resources for Teaching MedlinePlus

MedlinePlus Tour

- MedlinePlus Tour in [English](#) and [Spanish](#) - A narrated tour of the main features of MedlinePlus. The video runs about 2.5 minutes.

MedlinePlus Brochures

- MedlinePlus PDF Brochure - in [English](#) (updated March 2015) and [Spanish](#) (updated March 2015)
- MedlinePlus PDF Brochure in [Creole](#) (updated October 2010)
- [MedlinePlus for Health Professionals](#) PDF Brochure (updated March 2015)
- [MedlinePlus Connect](#) PDF Brochure (updated June 2014)
- [MedlinePlus XML Data Sources](#) PDF Brochure (updated December 2013)

[URL](#) for Information for Librarians and Trainers

NLM Resources of Interest

[URL](#) for **Gallery of Mobile Apps and Sites** (NLM)

[URL](#) for **All About Drugs at NLM**

[URL](#) for **Outreach to Health Professionals** (NN/LM MAR)

[URL](#) for **Information for Clinicians** (NN/LM MAR)

[URL](#) for **Training & Education Opportunities** (NN/LM MAR)

[URL](#) for **Ordering NLM Educational and Printed Materials**
(NN/LM MAR)

[URL](#) for **Outreach to K-12 Professionals** (NN/LM MAR)

MedlinePlus: Topics of Interest

- Asthma
- Attention Deficit Hyperactivity Disorder
- Autism
- Caregivers
- Child Safety
- Conjunctivitis
- Dental Health
- Drugs and Young People
- Ergonomics
- Exercise for Children
- Family History
- Flu
- Food Safety
- Genetic Counseling
- Homeless Health Concerns
- Internet Safety
- Lice
- Mobility Aids/Ambulation Devices
- Motor Vehicle Safety
- Nutrition
- Occupational Health
- Parenting
- Personal Health Records
- Pet Health
- School Health
- Sexual Health
- Social/Family Issues
- Sports Injuries
- Winter Weather Emergencies

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NLM Consumer Health Resources

National Library of Medicine Consumer Health Resources

- [MedlinePlus](#)
- [NIHSeniorHealth](#)
- [Pillbox](#)
- [Drug Information Portal](#)
- [Genetics Home Reference](#)
- [NLM 4 Caregivers](#)
- [ClinicalTrials.gov](#)

Health Information Resources in Support of Healthy Schools

The National Library of Medicine (NLM) provides freely available and reliable resources on consumer health to be used by K-12 school health professionals.

If you have any questions or your organization would like training on the resources listed, please contact [Lydia](#) via e-mail, lydia@pitt.edu or via telephone ☎ (412) 624-1411.






Multiple Languages

- [MedlinePlus in Multiple Languages](#)
- [HealthReach](#)
- [Consumer Health in Multiple Languages](#)

[Comments \(0\)](#)

Health Resources for Kids and Teens

The National Library of Medicine and other reputable agencies provide excellent resources for kids and teens to locate health information.

- [MedlinePlus: Children's Page](#)
- [MedlinePlus: Teen Health](#)
- [ToxMystery](#)
- [Tox Town](#)

Mobile Health Resources

- [NLM Mobile Gallery](#)
View a list of mobile apps available from the National Library of Medicine.
- [USA.gov Mobile Apps Gallery](#)
View the Health and Fitness category to locate relevant mobile apps.
- [CDC Mobile Application](#)
The CDC Mobile app features important health articles, disease of the week, popular journals and more.
- [VA Mobile Health Internet](#)
VA Mobile Health provides Apps for three distinct groups: Veterans, Family Caregivers and VA clinicians.
- [Explore HHS Mobile Apps](#)
Locate descriptions of all 28 of the Dept of Health and Human Services-sponsored apps available.

[Comments \(0\)](#)

NN/LM MAR Consumer Health Coordinator



Lydia Collins

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 NN/LM MAR
 Health Sciences Library System
 University of Pittsburgh
 200 Scaife Hall
 3550 Terrace Street
 Pittsburgh, PA 15261
 ☎ 412.624.1411
[Send Email](#)

Links:
[Profile & Guides](#)

Subjects:
 Lydia serves as the liaison to School Health Professionals in Pennsylvania.

Resources for Caregivers

NLM and other health resources specifically for family caregivers.

- [MedlinePlus Drugs, Supplements, and Herbal Information](#)
- [DailyMed](#)
- [ClinicalTrials.gov](#)

[URL](#) for K-12 Health Professionals Resource Guide

The image features a 3D-rendered word 'Questions' in a bold, red, sans-serif font, positioned centrally. It is surrounded by numerous grey, 3D question marks of varying sizes and orientations, some appearing to float in the air and others resting on a light pinkish-red surface. The background is a soft, out-of-focus white. On the far left edge, there is a vertical bar with three colored segments: blue at the top, yellow in the middle, and green at the bottom.

Questions

Thank You!

Lydia N. Collins, MLIS
National Network of Libraries of Medicine,
Middle Atlantic Region
[http://nnlm.gov/mar/
lydia@pitt.edu](http://nnlm.gov/mar/lydia@pitt.edu)



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